

Full Report (All Nutrients) 45055350, FRIED PLANTAINS TOSTONES, UPC: 041331090421

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOYA FOODS, INC.

Nutrient	Unit	Data points	Std. Error	128.0 g 128g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	220	172
Protein	g	--	--	8.00	6.25
Total lipid (fat)	g	--	--	6.00	4.69
Carbohydrate, by difference	g	--	--	33.00	25.78
Fiber, total dietary	g	--	--	4.0	3.1
Sugars, total	g	--	--	3.00	2.34
Minerals					
Calcium, Ca	mg	--	--	20	16
Iron, Fe	mg	--	--	1.80	1.41
Sodium, Na	mg	--	--	989	773
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	36.0	28.1
Vitamin A, IU	IU	--	--	100	78
Lipids					
Fatty acids, total saturated	g	--	--	2.00	1.56
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	15	12

Amino Acids

Other

Ingredients  
WATER, DEHYDRATED POTATO, GROUND BEEF , PORK, GARLIC, SEA SALT, WHOLE MILK, TEXTURIZED VEGETABLE PROTEIN, RED BELL PEPPER, GREEN BELL PAPPERS, ONION, OLIVES, TOMATO PASTE, MONOSODIUM GLUTAMATE, SOY BEAN OIL, SALT, GRANULATED ONION, SUGAR, SPICES, ANNATTO, YEAST EXTARCT, TURMERIC AND TRICALCIUM PHOSPHATE (AS

ANTICAKING AGENT), SODIUM BENZOATE (PRESERVATIVE ). BATTER: WATER, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID AND ENZYMES), CORN SLOUR, CORN STARCH, SALT. PRODUCT SET IN VEGETABLE OIL (SOY-BEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES. *Date Last Updated by Company:* 10/26/2014